

## **ABSTRACT**

**Title:** Quality of life of people after spinal cord injury practicing outdoor sports and physical activities

**Objectives:** The aim of this diploma thesis was to determine the quality of life of people after spinal cord injury who participate in outdoor sports or physical activities in their leisure time. The subsequent aim was to compare the obtained results with selected groups of people without spinal cord injury and people after spinal cord injury who do not primarily engage in outdoor sports.

**Methods:** The standardized WHOQOL-BREF questionnaire from World Health Organization was used to measure the quality of life in this thesis. The data collection was done online and the data were evaluated according to the relevant manual using Microsoft Excel. The results are presented in tables and graphs for clarity, including verbal descriptions. A total of 32 people with post-traumatic spinal cord injury (23 men and 9 women) aged 30-75 years participated in the study. 11 of whom had quadriplegia and 21 had paraplegia/paraparesis.

**Results:** The research showed that the quality of life of people after spinal cord injury practicing outdoor sports and physical activities is best rated in the area of experience (15,54 points) and in the area of environment (15,31 points). The scores were 14,93 for physical health and 14,58 for social relationships. The research also showed that the quality of life of people after spinal cord injury who practice outdoor sports and physical activities is at a higher level than that of people after spinal cord injury who do not practice these activities. The largest positive difference was observed in the physical health domain (difference of 3.43 points) and in the environmental domain (difference of 2.91 points). Compared to persons without spinal cord injury, the research did not show large differences in the quality of life of these groups. Except in the area of environment, where a difference of 2.01 points was recorded in favour of the research group of this thesis. The research shows that persons after spinal cord injury engaged in outdoor activities have a very similar quality of life to the intact population.

**Keywords:** WHOQOL-BREF, physical disability, nature, sport outside